

Concierge line:
281-807-5703
drserna.com
doctorenglund.com

Office News

September 2026



Dear Patients:

As a patient at NCIMW, you are part of a wellness community. As part of that community, you have an opportunity that is still quite unique in the healthcare space. Your provider, our coaches, and our office staff all combine to offer you access to care, advice, and support.

You also play a key role in your care. No matter what health challenges you may be facing, the medications, therapies, and treatments recommended by your healthcare provider are only part of the solution. Your health outcomes depend not only on those treatment modalities but also on how you approach them.

The foundation of your well-being is your own personal values and priorities. These inner drivers guide your healthcare decisions. They help you clarify and focus on daily choices that support your health. That personal agency is what lifestyle medicine is all about. At NCIMW, we strive to create an environment where you are an advocate for your own well-being and to offer you ample opportunities to exercise that ability. This month's newsletter focuses on the mindset of agency and our goal to continue to offer you the chance to take charge of your own health!

Live healthy, live well,

Dorothy Cohen Serna MD, Kelly Englund MD,
Stacey, Therese, & Coach Michael

Mediterranean Power Bowl

Bowl:

- 1 (15 oz) can or 1 ½ cups chickpeas, drained and rinsed
- ½ large cucumber, chopped
- 1 cup cherry tomatoes, halved
- 1 red bell pepper, chopped
- ¼ cup red onion, finely chopped
- ¼ cup fresh parsley
- ¼ cup Kalamata olives, sliced
- ½ cup crumbled feta (optional)

Lemon-Herb Dressing:

- 2-3 Tbs extra-virgin olive oil
- 2 Tbs fresh lemon juice
- 1 small garlic clove, minced
- ½ tsp dried oregano
- Freshly ground black pepper, to taste
- ¼ tsp salt



Directions: Add the chickpeas, cucumber, tomatoes, bell pepper, red onion, parsley, feta, and olives to a large bowl. In a small bowl, whisk together the olive oil, lemon juice, oregano, salt, and pepper. Pour the dressing over the salad and gently toss. Serve immediately or refrigerate for 30 minutes to allow the flavors to come together!

For additional protein: Add grilled chicken, salmon, shrimp, or tofu.

Flu Shots Have Arrived

Flu season is approaching and now is a great time to get protected. Our flu vaccines have arrived—schedule your appointment and be ready for the season ahead!

GLP-1 & Lifestyle GROUP COACHING SERIES

Starting September 22, join Dr. Serna and Coach Michael for a 6-week group coaching experience.

- Together, we'll:
- Talk openly about what's working, what's confusing, and what's tough
 - Learn how to use GLP-1 medications in a safe, sustainable way
 - Build habits around food, movement, sleep, and stress that fit real life
 - Help each other stay consistent and bounce back from setbacks
 - Create a long-term plan that feels doable because you're not doing it alone

Join us Tuesdays from September 22 – October 27
1 – 2 pm Central Time

Coaching CORNER

Agency is a key factor in any choice you make. Human beings protect personal autonomy fervently. Outside attempts to influence your behavior through sharing information or giving advice always fall short of their mark, because you will eventually focus only on what you truly want to do and not what someone tells you to do.

That is the spirit on which lifestyle medicine is based and is the inspiration behind our approach at NCIMW. We strive to put you in the driver's seat of lifestyle change. Our hope is that you feel empowered to take care of your mental and physical health through being a part of our practice. To help us accomplish this goal, we listen to your needs, ask about your desires, seek to understand your challenges, and provide the resources you need to make the changes that are most important to you.

This combination of effective tools and powerful mindset is where long-term success is found. Medications and other treatments can provide a catalyst for making an immediate impact. However, solidifying the changes permanently requires input from you. Specifically, it's essential that you know the "why" behind the medications and treatments for you. Everyone is a bit different when it comes to the underlying purpose and meaning of a particular treatment pathway.



It's also important to understand the challenges that you face when it comes to making changes. Over time you have developed healthcare habits and a personal identity or belief system connected to those habits. Seeing these challenges clearly and developing both a new identity and a new skill set to "live into" that identity are key steps to long-term success.

This approach is reflected in our upcoming group coaching experience, **GLP-1 & Lifestyle Coaching**. Through the medium of group coaching, we hope to share with you the facts behind the use of GLP-1 medications and create a space for you and other like-minded individuals to explore how to approach the use of this incredible breakthrough medication to best serve your needs.

Lunch & Learn Series

Our recent Lunch & Learn with Coach Rob was a big success! The subject was 'Self-Care is Not Selfish,' a topic that resonated well with those in attendance.

If you were able to join us, **thank you!** If you were unable to be with us, we hope to see you in a future session of our Lunch & Learn Series. We have plans to offer another installment before the holidays.

More information coming soon!